

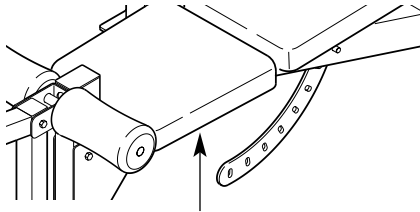
# GOLD'S GYM®

# XR25

Model No. GGBE24320

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

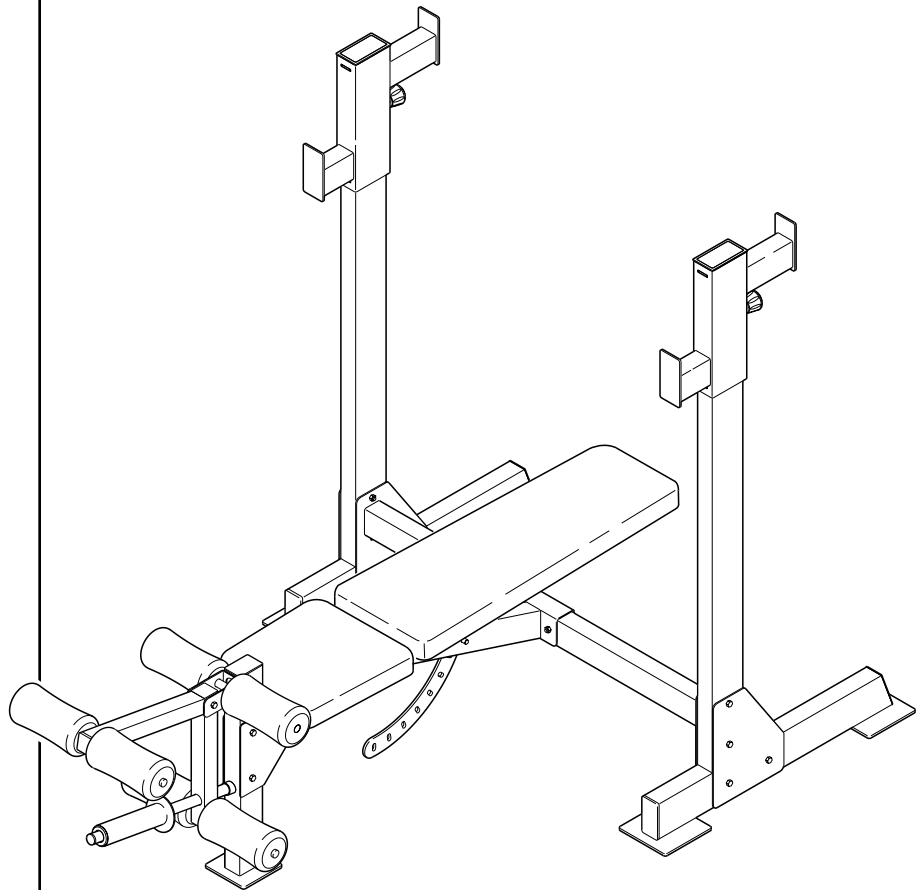
## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge.

**CUSTOMER HOT LINE:**  
**1-800-999-3756**  
Mon.-Fri., 6 a.m.-6 p.m. MST



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING are attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

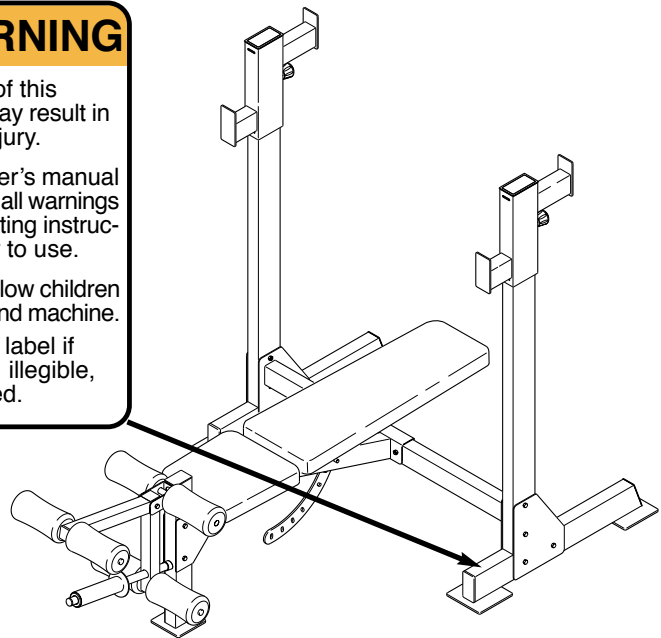
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## WARNING DECAL PLACEMENT

The decal shown here has been placed on the weight bench. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.

### **WARNING**

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.



GOLD'S GYM is a registered trademark of Gold's Gym International, Inc. This product is manufactured and distributed under license from Gold's Gym Merchandising, Inc.

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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time you use the weight bench. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Always set both weight rests at the same height.
10. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 610 pounds. Do not place more than 310 pounds, including the barbell, on the weight rests. Do not place more than 150 pounds on the leg lever. Note: The weight bench is designed to be used with an Olympic barbell. The weight bench does not include a barbell or weights.
11. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
12. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

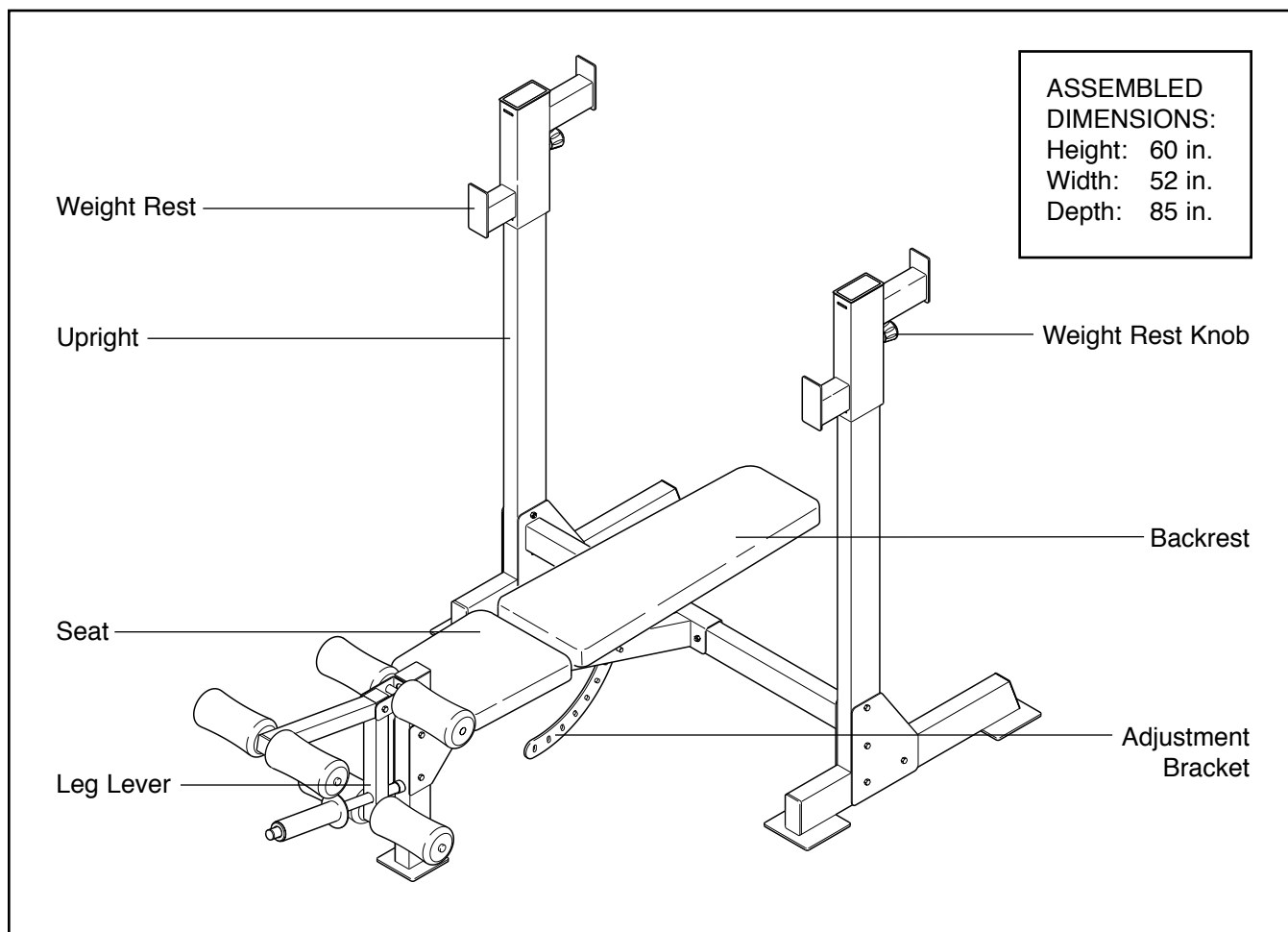
# BEFORE YOU BEGIN

Thank you for selecting the versatile GOLD'S GYM® XR25 weight bench. The XR25 weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the XR25 weight bench will help you to achieve the specific results you want.

**For your benefit, read this manual carefully before using the weight bench.** If you have additional questions, please call our Customer Service Department

toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is GGBE24320. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



# ASSEMBLY

## Make Things Easier for Yourself




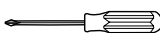
Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.

**Before beginning assembly, carefully read the following information and instructions:**

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.
- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

**The following tools (not included) are required for assembly:**

- **Two adjustable wrenches** 
- **One rubber mallet** 
- **One standard screwdriver** 
- **One Phillips screwdriver** 
- **Lubricant, such as grease or petroleum jelly, and soapy water.**

Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, be sure that you understand the information in the box above.**

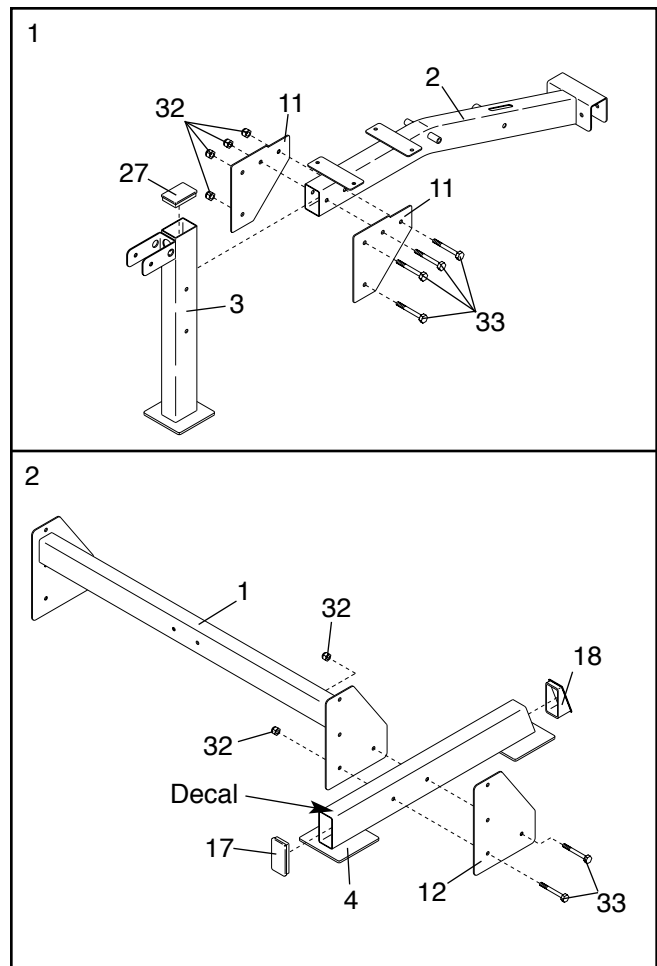
Press a 51mm x 76mm Inner Cap (27) into the Front Leg (3).

Attach the Front Leg (3) to the Bench Frame (2) with the two Small Support Plates (11), four M10 x 68mm Bolts (33), and four M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

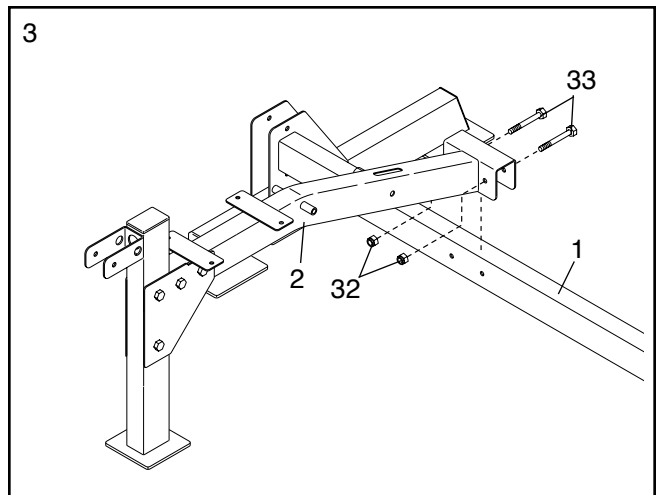
2. Press a 50mm x 100mm Inner Cap (17) into the indicated end of a Base (4). Press a 50mm x 100mm Angled Inner Cap (18) into the other end of the Base.

Attach the Base (4) to the Cross Frame (1) with two M10 x 68mm Bolts (33), a Large Support Plate (12), and two M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet. Be sure the parts are oriented as shown in the drawing, with the warning decal in the indicated location.**

**Repeat this step with the other Base (4).**



3. Attach the Bench Frame (2) to the Cross Frame (1) with two M10 x 68mm Bolt (33) and two M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

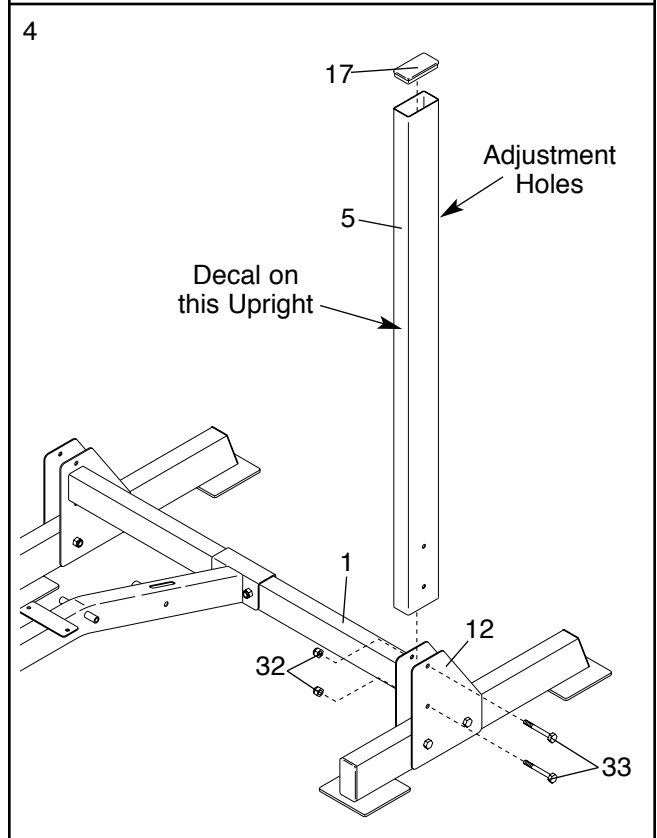


4. Press a 50mm x 100mm Inner Cap (17) into the top of an Upright (5).

Orient the Upright (5) with a decal applied to it, so that the adjustment holes are on the indicated side. Attach the Upright to the Cross Frame (1) and a Large Support Plate (12) with two M10 x 68mm Bolts (33) and two M10 Nylon Locknuts (32).

**Repeat this step with the other Upright (5).**

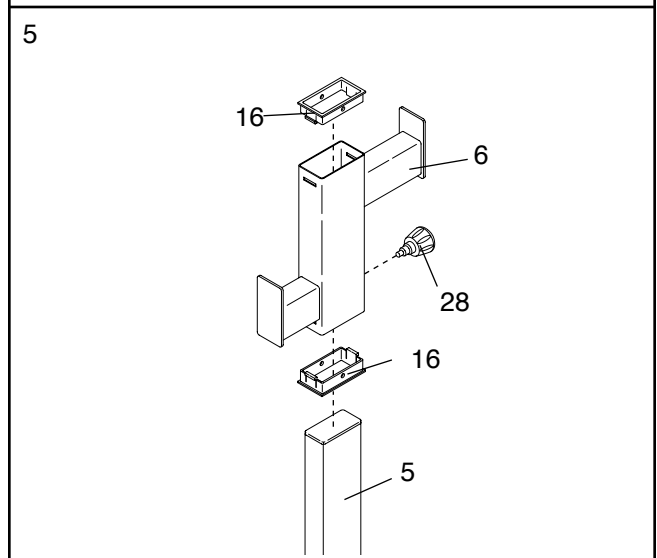
**Tighten the M10 Nylon Locknuts (32) used in steps 1–4.**



5. Press two Weight Rest Bushings (16) into the top and bottom of a Weight Rest (6).

Pull the Weight Rest Knob (28) out as far as it will go and slide the Weight Rest (6) onto an Upright (5). Engage the Knob into an adjustment hole in the Upright.

**Repeat this step with the other Weight Rest (6). Set both Weight Rests at the same height.**



- Press three 45mm Square Inner Caps (24) into the Leg Lever (41). Press the 25mm Round Inner Cap (23) into the indicated end of the Weight Tube (14).

Slide the Weight Tube (14) through the Leg Lever (41) and secure it in place with an M8 x 58mm Bolt (30), two M8 Washers (31), the 10mm Spacer (29), and an M8 Nylon Locknut (34).

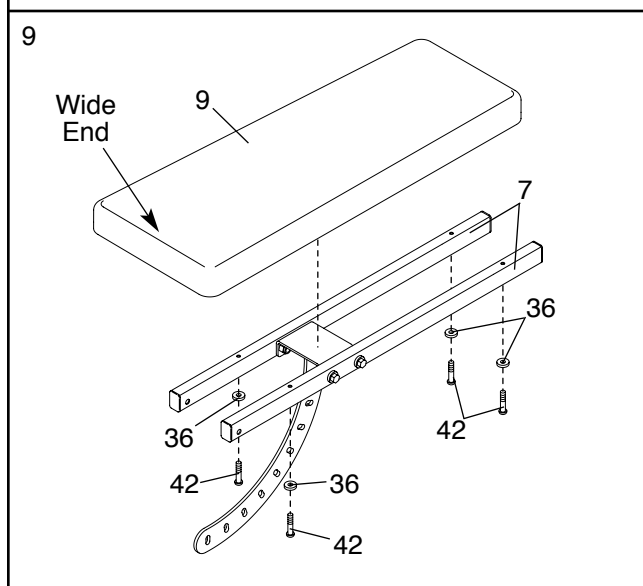
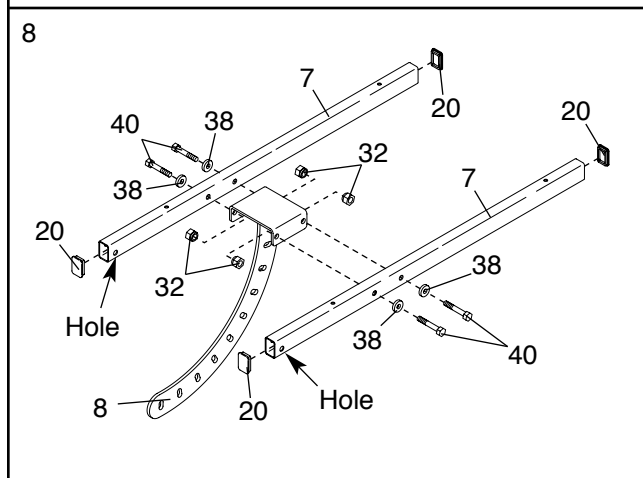
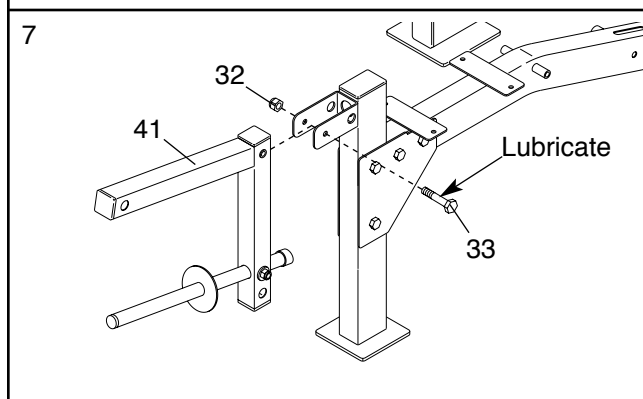
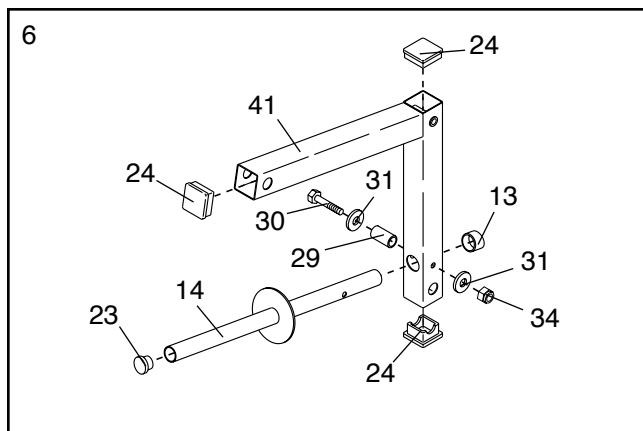
Press the 25mm Round Angled Cap (13) onto the end of the Weight Tube (14).

- Lubricate an M10 x 68mm Bolt (33) with grease. Attach the Leg Lever (41) to the Front Leg (3) with the Bolt and an M10 Nylon Locknut (32).

- Press two 25mm x 38mm Inner Caps (20) into the ends of both Backrest Frames (7).

Orient the Backrest Frames (7) as shown, with the indicated holes closer to the bottom. Attach the Frames to the Adjustment Bracket (8) with four M10 x 45mm Bolts (40), four M10 Washers (38), and four M10 Nylon Locknuts (32). **Do not tighten the Locknuts yet.**

- Attach the Backrest (9) to the Backrest Frames (7) with four M6 x 53mm Screws (42) and four M6 Washers (36). **Do not tighten the Screws yet.**



10. Pull the Adjustment Knob (19) out as far as it will go. Insert the Adjustment Bracket (8) into the slot in the Bench Frame (2) and engage the Knob into one of the holes in the Bracket.

Attach the Backrest Frames (7) to the Bench Frame (2) with an M10 x 180mm Bolt (37), two M10 Washers (38), and an M10 Nylon Locknut (32).

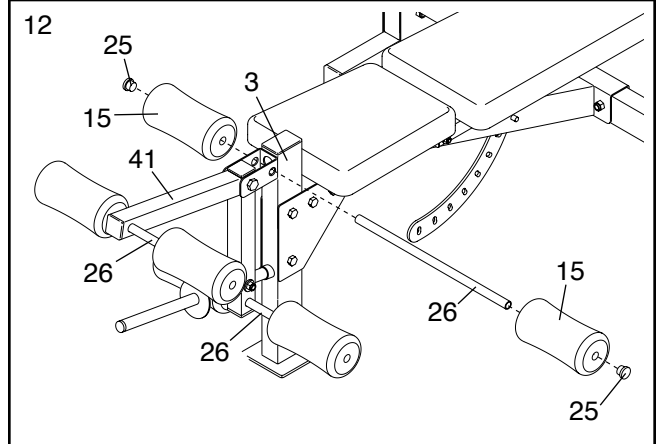
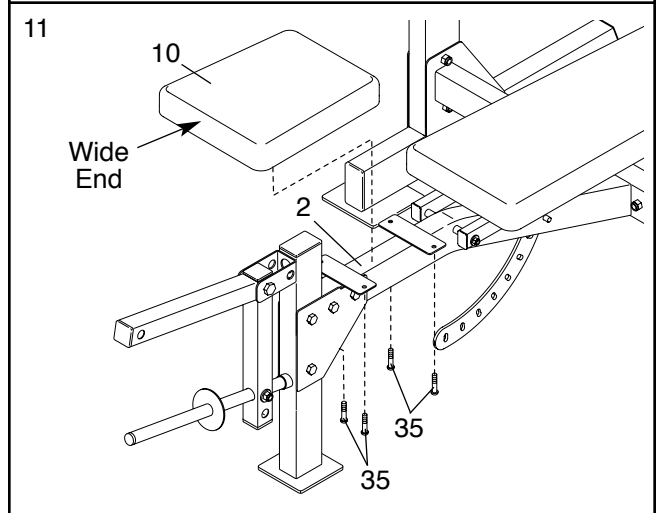
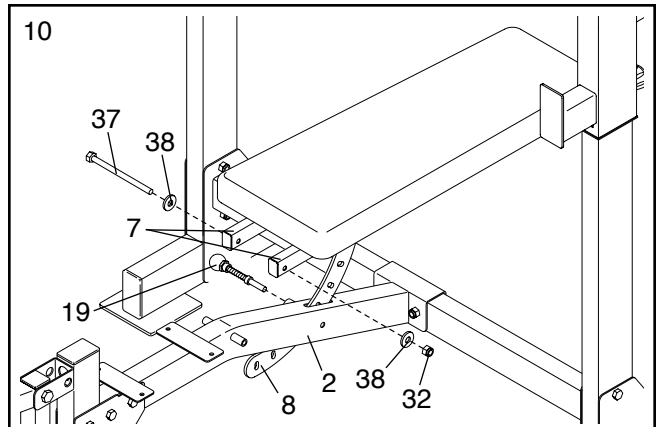
**Tighten the four M10 Nylon Locknuts (32) and the four M6 x 53mm Screws (42) used in steps 8 and 9.**

11. Attach the Seat (10) to the Bench Frame (2) with four M6 x 16mm Screws (35).

12. Slide a Pad Tube (26) through the hole in the Front Leg (3). Slide two Foam Pads (15) onto the ends of the Pad Tube. Press two 19mm Round Inner Caps (25) into the ends of the Pad Tube.

**Repeat this step with the other two Pad Tubes (26) and the Leg Lever (41).**

13. **Make sure that all parts are properly tightened before you use the weight bench. The use of all remaining parts will be explained in ADJUSTMENTS starting on the next page.**





# ADJUSTMENTS

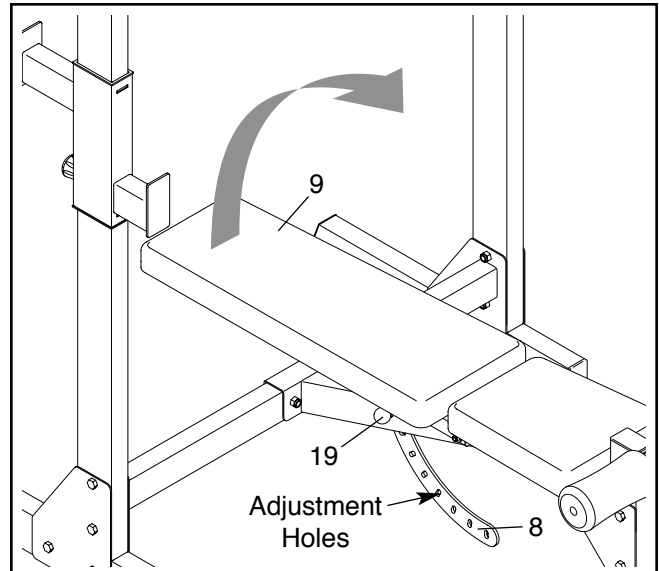
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 10 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

## ADJUSTING THE BACKREST

To adjust the position of the Backrest (9), pull the Adjustment Knob (19) out as far as it will go. Move the Backrest to the desired position and reengage the Knob into an adjustment hole in the Adjustment Bracket (8).

**WARNING:** Always make sure the Adjustment Knob (19) fully engages the Adjustment Bracket (8) before using the weight bench.

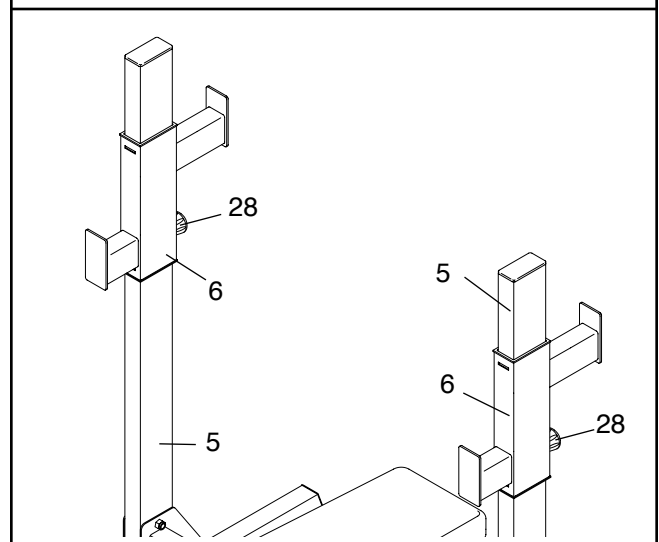


## ADJUSTING THE WEIGHT RESTS

To adjust the height of a Weight Rest (6), loosen the Weight Rest Knob (28) and pull it out as far as it will go. Slide the Weight Rest to the desired position and engage the Knob into an adjustment hole in the Upright (5). Turn the Knob clockwise until it is fully tightened.

Adjust the other Weight Rest (6) in the same manner.

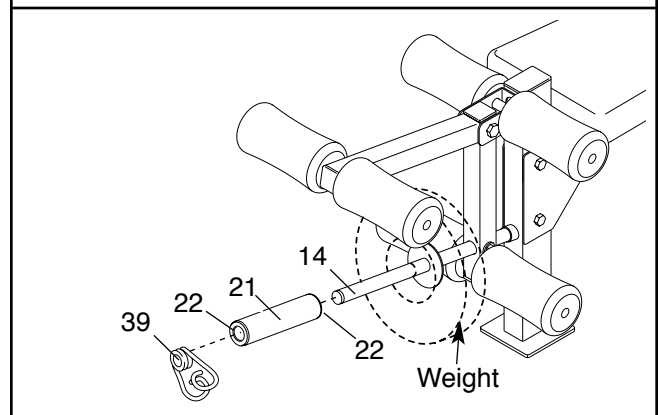
**WARNING:** Always adjust both Weight Rests (6) to the same height before exercising.



## ADDING WEIGHT TO THE LEG LEVER

To use the Leg Lever (41), slide the desired amount of weight (not included) onto the Weight Tube (14). Secure the weight in place with the Spring Clip (39).

To use Olympic weights, first make sure the Weight Adapter Bushings (22) have been inserted into the ends of the Weight Adapter (21). Then, slide the Weight Adapter onto the Weight Tube (14).



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# EXERCISE GUIDELINES

## THE FOUR BASIC TYPES OF WORKOUTS

### Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of weight used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of weight for each exercise depends upon the individual user. You must gauge your limits and select the amount of weight that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of weight.

### Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of weight and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of weight.

### Weight Loss

To lose weight, use a low amount of weight and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

### Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan weight training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as cycling or swimming, on Tuesday and Thursday.
- Rest from both weight training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of weight training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

## PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body’s signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

### WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

### WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

### EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on page 11 to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

### COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

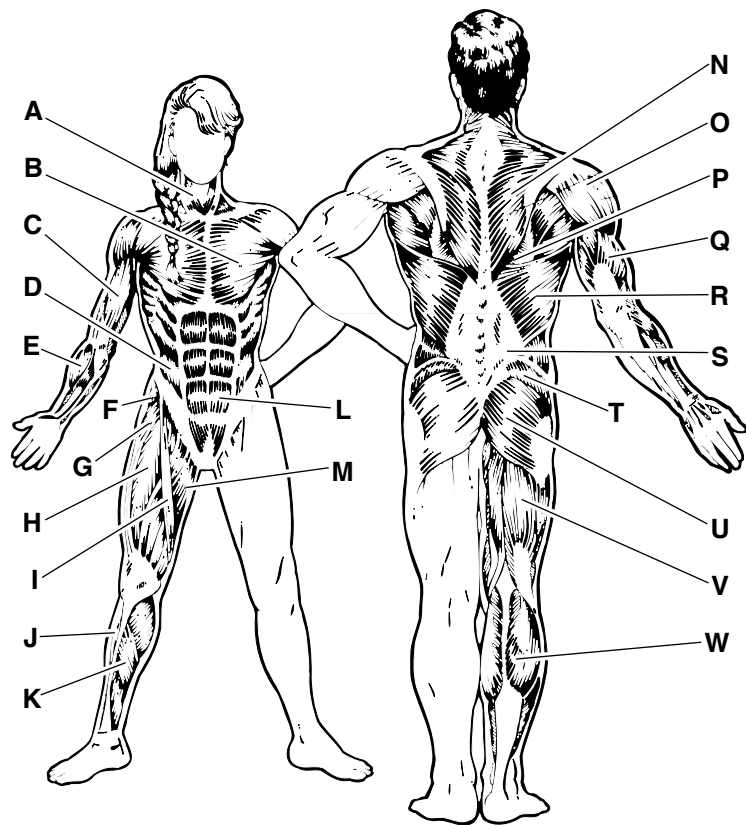
### STAYING MOTIVATED

For motivation, keep a record of each workout. List the date, the exercises performed, the weight used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.

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### MUSCLE CHART

- A. Sternomastoid (neck)
- B. Pectoralis Major (chest)
- C. Biceps (front of arm)
- D. Obliques (waist)
- E. Brachioradials (forearm)
- F. Hip Flexors (upper thigh)
- G. Abductor (outer thigh)
- H. Quadriceps (front of thigh)
- I. Sartorius (front of thigh)
- J. Tibialis Anterior (front of calf)
- K. Soleus (front of calf)
- L. Rectus Abdominus (stomach)
- M. Adductor (inner thigh)
- N. Trapezius (upper back)
- O. Rhomboideus (upper back)
- P. Deltoid (shoulder)
- Q. Triceps (back of arm)
- R. Latissimus Dorsi (mid back)
- S. Spinae Erectors (lower back)
- T. Gluteus Medius (hip)
- U. Gluteus Maximus (buttocks)
- V. Hamstring (back of leg)
- W. Gastrocnemius (back of calf)



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# ORDERING REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m.–6 p.m. Mountain Time (excluding holidays). Please provide the following information when calling:

1. The MODEL NUMBER of the product (GGBE24320)
2. The NAME of the product (GOLD'S GYM® XR25 weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)

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## LIMITED WARRANTY

**WHAT IS COVERED**—The entire GOLD'S GYM® XR25 weight bench ("Product") is warranted to be free of all defects in material and workmanship.

**WHO IS COVERED**—The original purchaser or any person receiving the Product as a gift from the original purchaser.

**HOW LONG IS IT COVERED**—ICON Health & Fitness, Inc. ("ICON"), warrants the product frame for the lifetime of the original owner. ICON warrants all other parts for one year after the date of purchase. Labor is covered for ninety days.

**WHAT WE DO TO CORRECT COVERED DEFECTS**—We will ship to you, without charge, any replacement part or component, providing the repairs are authorized by ICON first and are performed by an ICON trained and authorized service provider, or, at our option, we will replace the Product.

**WHAT IS NOT COVERED**—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in your User's Manual ("Manual").

**WHAT YOU MUST DO**—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the Product as specified in the Manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

**USER'S MANUAL**—It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to do the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

**HOW TO GET PARTS AND SERVICE**—Simply call our Customer Service Department at 1-800-999-3756 and tell them your name and address and the serial number of your Product. They will tell you how to get a part replaced, or if necessary, arrange for service where your Product is located or advise you how to ship the Product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your Product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

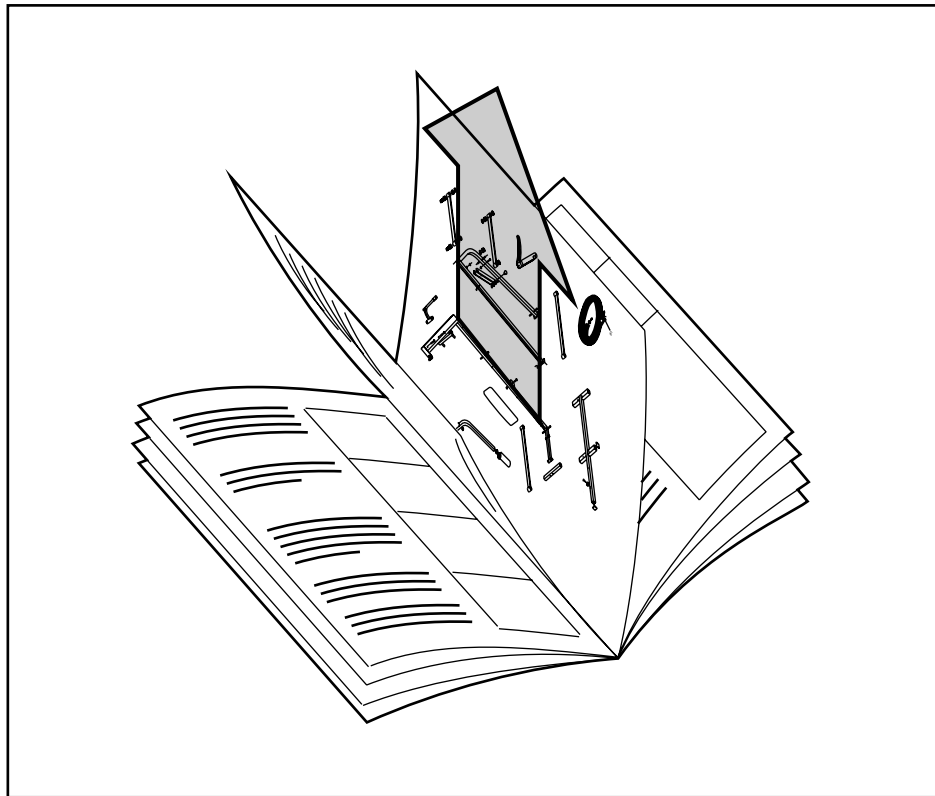
The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

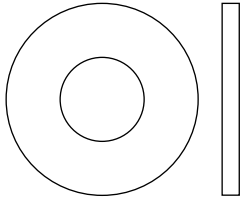
**REMOVE THIS PART IDENTIFICATION CHART  
PART LIST/EXPLODED DRAWING**

**SAVE THIS PART IDENTIFICATION CHART  
PART LIST/EXPLODED DRAWING FOR FUTURE REFERENCE**

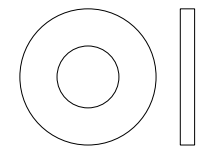


# PART IDENTIFICATION CHART

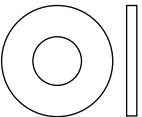
Refer to the drawings below to identify small parts used in assembly. The number in parentheses by each drawing is the key number of the part, from the PART LIST in the center of this manual. **Note: Some small parts may have been pre-attached. If a part is not in the parts bag, check to see if it has been pre-attached.**



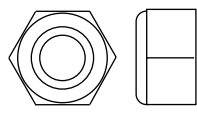
M10 Washer (38)



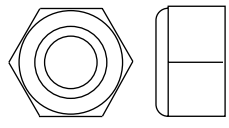
M8 Washer (31)



M6 Washer (36)



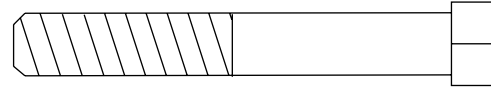
M8 Nylon Locknut (34)



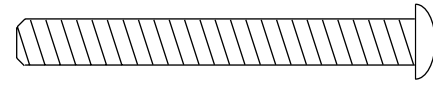
M10 Nylon Locknut (32)



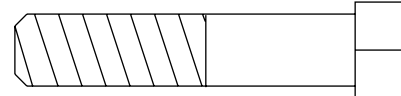
M10 x 68mm Bolt (33)



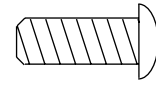
M8 x 58mm Bolt (30)



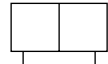
M6 x 53mm Screw (42)



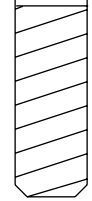
M10 x 45mm Bolt (40)



M6 x 16mm Screw (35)



M10 x 180mm Bolt (37)



# PART LIST—Model No. GGBE24320

R0902B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Cross Frame	23	1	25mm Round Inner Cap
2	1	Bench Frame	24	3	45mm Square Inner Cap
3	1	Front Leg	25	6	19mm Round Inner Cap
4	2	Base	26	3	Pad Tube
5	2	Upright	27	1	51mm x 76mm Inner Cap
6	2	Weight Rest	28	2	Weight Rest Knob
7	2	Backrest Frame	29	1	10mm Spacer
8	1	Adjustment Bracket	30	1	M8 x 58mm Bolt
9	1	Backrest	31	2	M8 Washer
10	1	Seat	32	20	M10 Nylon Locknut
11	2	Small Support Plate	33	15	M10 x 68mm Bolt
12	2	Large Support Plate	34	1	M8 Nylon Locknut
13	1	25mm Round Angled Cap	35	4	M6 x 16mm Screw
14	1	Weight Tube	36	4	M6 Washer
15	6	Foam Pad	37	1	M10 x 180mm Bolt
16	4	Weight Rest Bushing	38	6	M10 Washer
17	4	50mm x 100mm Inner Cap	39	1	Spring Clip
18	2	50mm x 100mm Angled Inner Cap	40	4	M10 x 45mm Bolt
19	1	Adjustment Knob	41	1	Leg Lever
20	4	25mm x 38mm Inner Cap	42	4	M6 x 53mm Screw
21	1	Weight Adapter	#	1	User's Manual
22	2	Weight Adapter Bushing	#	1	Exercise Guide

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. GGBE24320

R0902B

